



Left—"NILETTA," a ten-month-old camel who has transferred her abode from the parched sands of the desert to the parched shores of the United States—the mascot of the Seattle Nile Shriners who brought her back with them aboard the S. S. Keystone State from their Oriental pilgrimage. "Niletta" admits being able to go a long while without a drink, but says that Volsteadism is likely to prove the straw that will break her back.

Wide World.

THE VICE-PRESIDENT AND HIS BOYS. Vice-President Coolidge flanked by his two lads, Calvin, Jr., and John, taking a morning constitutional in Washington, where the boys have been back from school for a visit to their parents.

Wide World.



Pride's White Lie

"Sorry, I can't go."

Into her young life has crept the ache of loneliness, because she is too proud to share her secret with her friends.

Her relentless mirror tells the story: she was careless of her radiant teeth and their beauty slipped away.

Now she is paying because she forgot the first rule for all who would retain their youthful charms: beware the beauty-thief Pyorrhea!

Pyorrhea strikes from ambush. No one is immune. You may be next.

If you would checkmate Pyorrhea, watch your gums!

Pyorrhea begins with tender, bleeding gums. That is Nature's warning. Slowly the gums recede, the teeth decay and loosen, pus pockets form and Pyorrhea germs seep throughout the system.

To these sinister germs the medical profession has traced many serious ills, rheumatism, anaemia and nervous disorders of all kinds.

Four out of every five people past the age of forty and thousands under forty are afflicted with Pyorrhea. Yet you can escape it if you will follow these simple rules:

- (1) Go to your dentist regularly for teeth and gum inspection. This is important.
- (2) Start using Forhan's For the Gums today.

Forhan's For the Gums will not only prevent Pyorrhea, but it will check its progress, if used consistently and used in time.

Forhan's is also a pleasant dentifrice to use. It keeps the teeth clean and white, the gums firm and healthy.

Brush Your Teeth With Forhan's—How to Use It

Use it twice daily, year in and year out. Wet your brush in cold water, place a half-inch of the refreshing, healing paste on it, then brush your teeth up and down. Use a rolling motion to clean the crevices. Brush the grinding and back surfaces of the teeth. Massage your gums with your Forhan-coated brush—gently at first until the gums harden, then more vigorously. If the gums are very tender, massage with the finger, instead of the brush. If gum-shrinkage has already set in, use Forhan's according to directions, and consult a dentist immediately for special treatment.

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Forhan Company, New York
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The Secret of Success with Pastry

By A. Louise Andrea

PIES! TARTS! DUMPLINGS! What visions of goodies! And always the crowning touch is and will be the pastry—the flaky, tender, melt-in-your-mouth kind.

A perfect shortening is essential, one containing no water, so every drop of oil will help to make a tender crust.

Mrs. Andrea was awarded the gold medal as lecturer on food and culinary topics, at the Panama-Pacific International Exposition, San Francisco, in 1915; appointed official lecturer on foods and canning for the New York International Exposition in 1918; and recognized as one of the greatest living authorities on food preparation.

with care" on a pie plate. When cold it is ready to be filled.

How to vary your pastry

From the same pastry dough may be made dumplings, cheese straws, pimiento squares, and other dainties. Or try adding some sugar to the flour. Again, a bit of grated lemon or orange rind gives you "something different," and that delicious almond flavor is gained by a judicious blending of almond paste into the dough.



Creamed Chicken Pattie with Cream Sauce

Mazola a splendid shortening

Mazola is a pure oil, containing no water, or curd, as butter does. Use less Mazola than butter. If your recipe calls for a cup of butter, use only three-quarters of a cup of Mazola. This will give a deliciously crisp, tender crust. You will be surprised, too, at the saving this will effect in your pastry-making alone during the year.

Also remember that pastry flour contains less gluten than bread flour, and consequently is less "thirsty." The best home-made pastry flour is prepared by putting three tablespoons Argo corn starch into your measuring cup, filling the cup even full with your regular bread flour, and then sifting.

Be exact in making your dough

Place measured Mazola and ice water in bowl, add salt sifted with flour and mix to a stiff dough with a knife. In this way Mazola will be more evenly distributed throughout mixture.

After combining ingredients, your dough is ready for the rolling pin.

Flour board, turn dough on it, and toss to and fro with a knife, so that all surface is coated with flour. Rub rolling pin with flour, and starting from center, roll out dough toward you, from you, and to left and right, using quick, light strokes.

How to make and bake the pie

The lower crust for a pie should be slightly thicker than the upper as it must hold the weight of the filling when being served. Have pie plate brushed with Mazola and lay rolled out dough loosely on it, letting edges hang over. If there are any blisters lift edge of paste so all air is excluded. Then press edge slightly with palm of hand, and trim with a sharp knife. Now roll out dough for the upper crust. Fold one half on the other, and on fold cut short gashes so that when placed over the filling steam may escape during baking. Place filling in lower paste, then dip finger in cold water and moisten edge of lower paste all round and cover filling with top paste. Dip tines of fork in flour and gently press edges together, trim with a knife.



Fill shells with sweetened fillings and decorate from pastry tube with mixture made from sugar, white of egg and flavoring. Brown in oven.

Pies require a hot oven at first, in order that the lower crust will be quickly baked to prevent the moisture in filling from soaking the lower crust and making it heavy. Later reduce heat so that filling is cooked by the time the upper crust is baked. If crust browns quickly before filling is done, cover with white paper brushed with Mazola.

Shells for tarts

Shells for a lemon meringue pie or tarts are baked on the outside of pans. Roll out dough as for upper crust, lay pie plate, inverted and ungreased, on board, lay rolled dough loosely over the dish. Place another ungreased pie plate, same size, on top so paste is held between the two; trim edges and bake dough—sandwiched, between the two plates, in a quick oven. In about five minutes lift off top plate. If pastry is set (no blisters forming) reduce heat and continue baking without top plate until pastry is crisp and well browned. If blisters form after removing top plate put back for a few minutes and then remove it. When baked, invert the shell so that it lies "right side up

FAMILY PASTRY
5 tablespoons Mazola 1/2 teaspoon salt
4 tablespoons ice water 1 1/2 cups flour
1 teaspoon baking powder

Put Mazola and ice water in mixing bowl. Sift flour, baking powder and salt together, and stir them into the liquid, mixing with knife into a dough that can be lifted on the knife without crumbling. Roll out as needed.

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